

Work Day Exercises

Time	Exercise
9:00	Arm Circles – 1 minute
9:30	Neck Stretches – 1 minute
10:00	Squats – 1 minute
10:30	10-minute walk
11:00	Stretch – 1 minute
11:30	Lunges – 1 minute (each side)
12:00	Triceps Dips – 1 minute
12:30	10-minute walk
1:00	Stretch – 1 minute
1:30	Leg Extensions – 1 minute
2:00	Plank – 1 minute
2:30	10-minute walk
3:00	Your Choice
3:30	Squats – 1 minute
4:00	Plank – 1 minute
4:30	Stretch – 1 minute
5:00	Walk to your car

Other exercises to incorporate:

Sit on an exercise ball instead of your desk chair.

Calf Raises

Bicep Curls

Pushups

Situps (or crunches)

Side Bends

For more examples of work day exercises, visit <http://www.slu.edu/x58273.xml>.